



## My Healing Journey with The Monroe Institute

by Ana Fernandez, TMI Program Graduate

Daily I reminded myself that my son was alive, as love transcends the grave. I continued to search for new ways to connect with Bradford and learn new methods to calm my mind. During this process, The Monroe Institute became a key component in my healing. ... **Miracles are common occurrences at The Monroe Institute. I am one of them.**

[Read More](#)



## How to Go from Fear-Based Expectations to Heart-Based Experience

by Joseph Gallenberger, PhD, TMI Residential Trainer

I want to share a story with you because it shows well the dance between our thoughts and outcomes, and illustrates the power of the heart. ... I made a strong request to the universe to help me become more aware of how my thinking affected reality. Be careful what you ask of the universe! [Read More.](#)



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## Near Death at 16

by Barbara A. Watts

My near-death experience occurred in the operating room after multiple complications from a simple appendectomy when I was sixteen years old. I remember every single minute of it to this day. This is my experience. ... I heard the words, "we are losing her." [Read More.](#)



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